**Results**

**Mental Health increase group (N=13)**
- Mental Health score: 4.5
- GPA*: 4.2
- PSQI (>5: poor sleepers)*: 3.8
- State Anxiety*: 32
- Sleep Latency [min]**: 9.3
- Extra Curricular activity [min] *: 54
- Phone usage (% of 24hr phone usage occurring during 3-6am)*: 1.4
- Skin conductance amplitude SD (day time during sitting) (p=0.06): 0.60
- Skin conductance median 2Q sleep (p=0.07): 0.37

**Mental Health decrease group (N=25)**
- Mental Health score: 4.8
- GPA*: 3.8
- PSQI (>5: poor sleepers)*: 4.2
- State Anxiety*: 39
- Sleep Latency [min]**: 18.7
- Extra Curricular activity [min] *: 33
- Phone usage (% of 24hr phone usage occurring during 3-6am)*: 2.5
- Skin conductance amplitude SD (day time during sitting) (p=0.06): 0.80
- Skin conductance median 2Q sleep (p=0.07): 0.56

**Conclusions**

Our analysis showed we can measure statistically significant factors in college students daily life that are related to mental health drop.

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**References**


